



Encouraging new foods for families



Children can be **cautious with new foods** and may **need support, without pressure**, to learn to accept new foods. It is important to expose children to a **variety of food types and textures** to broaden their preferences.



- ✓ Serve a **small amount**.
- ✓ Serve **new foods with a familiar food** they like eating.
- ✓ Include **different coloured foods, interesting shapes and textures**.

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Keep trying!!

You may need to offer a new food up to **15** times for your child to accept it.



Offer a **small range** of healthy foods in the middle of the table and let your child choose what they would like to try.



Let your child explore new foods by **looking, smelling, touching and licking**.



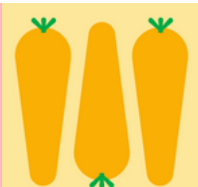
Discuss the **colour, shape, flavour and texture**.



Involve your child in **choosing new foods when shopping**.



Try to **not pressure children to try new foods or have a negative reaction** if they reject the new food.



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life